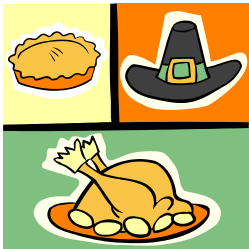


# GRAINWISE™ & GLUTENFREE

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)



## ANNUAL THANKSGIVING DINNER SILENT AUCTION EVENT ELECTION OF OFFICERS SATURDAY, NOVEMBER 9 2-4 P.M.

**Gluten-Free Thanksgiving Dinner:** Enjoy a delicious Thanksgiving Dinner with your friends! Free-Range Turkeys will be provided courtesy of Whole Foods Marketplace Green Hills. These will be prepared gluten and dairy free.

**Side dishes to bring:** Salad or Fruit, Bread or Rolls, Casserole, Vegetable, Dessert. Also, copies of the recipe and/or ingredient list. Beverages are needed. Table service will be provided.

**Invite your family, friends and neighbors to this special event!** If you are bringing several guests please bring two dishes.

**Please practice gluten-free safety to keep our members healthy:** Use dedicated cutting boards, utensils, cookware, bake ware, bowls, mixers, toasters, hot pads, etc.

**RSVP to [www.nashvilleceliacs@gmail.com](mailto:www.nashvilleceliacs@gmail.com)** if you will be coming to give us an idea of how many to set up the room for.

**Silent Auction:** Everyone is invited to put together a themed gift basket – or two – for the silent auction! Stand alone items are also welcome. Wondering what to bring? Gift certificates or gift cards from stores, restaurants, salons, motels, etc. – or – fill a basket or container with items for a family movie night, kid's birthday party, day at the spa, couples night out, grandma's GF survival kit, GF Italian night, GF holiday baking, etc. The basket or container contents should be new or gently used, and current trends or styles. **Use only gluten-free foods or products.** A Silent Auction Donation Receipt is included in our newsletter for your use when soliciting as it includes our Tax Exempt ID number and our contact information. Casey Bohr, Treasurer, will send a signed copy at the vendor's request. Please contact Ann McQueen, Chair, with questions. – *Note: We will only be able to take cash or checks.*

**Election of Officers:** A vote will be taken to elect new officers for the 2014 year.



### LOCATION

**Centennial Women's Hospital Medical  
Office Building (M.O.B.) Auditorium  
2221 Murphy Avenue  
Nashville, TN 37203.**

The M.O.B. faces Murphy Ave. The entrance to the Auditorium is at the corner of 22<sup>nd</sup> Ave North and Patterson.

### DIRECTIONS

**From I-40,** take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to 22<sup>nd</sup> Ave., turn right, go two blocks to the intersection of 22<sup>nd</sup> Ave and Patterson.

**From I-440,** take West End Ave. to Elliston Place. Turn left on 22<sup>nd</sup> Ave., go two blocks to the intersection of 22<sup>nd</sup> Ave and Patterson.

### PARKING

We have received permission from the medical office buildings adjacent to 22<sup>nd</sup> Ave, and across from the M.O.B. Auditorium, to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up ½ level. Select "Button A" to Auditorium.

The CSA Nashville – Middle Tennessee Celiac  
Chapter #76 is affiliated with the  
Celiac Sprue Association®

---

**Board Members are Volunteers**

**Co-Chair** – Darryl Casey  
Darrylcasey@yahoo.com, 615-481-4445

**Co-Chair** – Ann McQueen, 615-385-5366  
aunderwoodmcqueen@gmail.com

**Secretary** – Ruth Root, 615-385-1066  
mahgieroot@aol.com

**Treasurer** – Casey Bohr, 615-773-8545  
Caseybohr@wmconnect.com

**Chapter Advisor/Editor** – Cheryl Chamberlain  
GFCherylTN@comcast.net, 615-591-9622

**Medical Advisor** – Craig Wierum, M.D.  
CWierum@heritagemedical.com,  
615-324-1204

**Dietetic Advisor** – Laura Herbert  
lherbert@wmed.org, 615-202-7570

**Founder** – Tori Ross  
toriross@comcast.net, 615-371-9455

**Hospitality Team** – Need volunteers!

**Social Chair** – Need a volunteer!

**Web Site Manager** – Carol Ann Baily,  
cabaily@mtsu.edu

**Educational Materials** – Greg Foreman  
glforeman@gmail.com

**Membership List** – Candace Foreman  
caelkins@comcast.net

**Publicity** – Need a volunteer!

**Tech Committee** – Need volunteers!

**Cel-Kids Network Coordinator** – Need a  
volunteer!

**Newly Diagnosed Coordinator** – Peggy Czyn  
615-646-2905, GFPeggyTN@bellsouth.net

**Newly Diagnosed Orientation Team:**  
Antioch Area – Chris Fry, R.D.  
cfry@comcast.net, 615-837-0875

Columbia Area – Laura Hill  
Laurahill87@hotmail.com, 931-224-1932

Franklin Area – Maureen Norris  
manorris@comcast.net, 615-591-961

Franklin/Bellevue Area – Peggy Czyn  
gfpeggytn@bellsouth.net, 615-646-2905

Franklin/Brentwood Area – Denise Jania  
dproofer@yahoo.com, 615-435-8030

Mt. Juliet/Hermitage Area – Janet Lowery  
janetklowery@yahoo.com, 615-758-7967

Murfreesboro Area – Gary Seise  
grseise@gmail.com, 615-895-0398

---

**1:00 PM Set Up:** Your help is needed! Jobs to be done: Arrange tables and chairs.  
Post signs, Setup serving tables, Setup silent auction tables.

## *A Word to the Wise*

---

### *Change...*

I am entering another season of my life and with that comes change. I have enjoyed being an active member of the Nashville Celiac Chapter but other responsibilities are now pulling me in another direction. I will be relinquishing my positions of Chapter Advisor, Newsletter Editor, and GMail Manager with the close of 2013. I am excited about the direction the Chapter will take under the direction of a new Board. My deepest thanks and gratitude to all who have shown their support and volunteer enthusiasm during the time I have had the privilege to work with you.

My very best,  
Cheryl Chamberlain  
Chapter Advisor/Newsletter Editor

### **NEW TO CD OR DH?**

Please contact our Newly Diagnosed Coordinator, Peggy Czyn, at  
gfpeggytn@bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a Newly Diagnosed Orientation Mentor in your area with a grocery store included. Membership Registration forms are at the back of GrainWise.

### **IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP**

*Your membership renewal date is shown on the back page above your name.* The membership list is updated with each quarterly mailing. Those who do not have a paid membership will be removed from the mailing list. Please contact Casey Bohr, Treasurer, if you have questions about your membership.

### **EMAIL COMMUNICATION**

E-mail announcements will be sent concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with current e-mail addresses on file. E-mails will be sent from "Nashville Celiacs". Please add [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) to your contact list. If you are a med/professional and would like to be added to the "communication list" please send a note to: [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) with "e-mail address" in the subject line.

### **NEWSLETTER INFORMATION**

Do you have newsworthy information on celiac disease, gluten-free travel, restaurants, products or the diet? Please submit information to: [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com)



We now have 350 Likes! Our Facebook page is the go-to-place for between meeting communication on special events, social events, meeting reminders, celiac in the news or personal networking. An easy way to find us is to Google "Nashville Celiacs Facebook".

# *New Leadership* \_\_\_\_\_

Hi everyone,

My name is Debra Lee (Debby). I am new to the group with a diagnosis of celiac in November 2012. Once diagnosed, I was so thankful for the group and the information and grocery store tour provided by the Chapter Newly Diagnosed Coordinator, Peggy Czyz, that I decided I wanted to give back to the Chapter, so I volunteered to run for Chair/Co-Chair.

I favor a move to more online information/connections with members. With the new website on the way and Peggy's continued involvement in updating us through Facebook, we can add new social media outlets (Twitter, Pinterest, Instagram) to stay in touch with members who cannot attend meetings regularly.

For just a little about me personally, I have lived in Nashville for 12 years and teach English to international graduate students at Vanderbilt University. I am also finishing up a Ph.D. in instructional technology at the University of Tennessee. Additionally, I am learning to like to cook, since I feel safer eating my own food. I am also a beginning quilter.

+++

In addition to Debby stepping up to fill a Board position, long time member Jack McFadden is interested in joining the ranks as Secretary. He has some great ideas for improving outreach to new or younger celiacs and the medical profession, conducting market research with gastroenterologists and PCP's, and better use of our website. Jack has been gluten intolerant since April 14, 1994, and gluten free (as best I can be) since December, 1994. His food preferences tend towards items with the shortest ingredient list; preferably no list at all (Editor's comment: This is a wise thing to do for those who are still having trouble.); as well as Indian and Mexican. Jack is married with two adult children and became a grandparent in April.

**Please consider the following volunteer positions listed.**

- **We must have a Chair, Secretary and Treasurer.**
- **In the past the fourth position has been a Program Chair or a Co-Chair.**
- **One of the other positions could fill the fourth seat on the Board as well.**

Contact [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) with questions or to fill one of these positions. Let's grow our Chapter!

## **Volunteer Opportunities for 2014**

**Co-Chair:** Team effort to plan Chapter meetings. File annual report to CSA. Email correspondence to include meeting and event announcements.

**Secretary:** Chapter correspondence, Responsible for Minutes of Chapter and Board meetings. Update Gmail list.

**Treasurer:** Responsible for the bank during fundraising and depositing of funds following meetings. Update membership list. Pay bills. File annual treasurer's report to CSA.

**Hospitality Chair:** Coordinate set up of hospitality table for meetings. Keep supplies of paper products.

**Hospitality Team:** Assist Hospitality Chair.

**Newsletter Editor:** Produce four quarterly newsletters. We will be moving to an electronic version in 2014.

**Publicity:** Publicize meeting notices and events in *The Tennessean* and other Middle Tennessee resources.

**Fundraising Committee:** Coordinate events to raise funds – bake sales at meetings, annual silent auction, partner with Whole Foods and other vendors to generate funds for the Chapter and promote awareness of Celiac Disease.

**Tech Committee:** Technical background needed. Be the go-to person for setting up AV equipment for meetings, questions concerning website use and gmail use.

**Website Manger:** Update website to keep information about Chapter current.

**Education Materials Manager:** This position will go away as we go paperless. Most extra materials will be placed in the Vanderbilt Family Resource Center. A file of information on Celiac Disease which was put together by our Chapter is available from the front desk. Some materials will be kept for awareness events.

**Newly Diagnosed Orientation Team:** Mentor newly diagnosed patients in your area/community.

**Dietetic Advisor:** Registered dietician. Mentor to support group and offer gluten-free lifestyle recommendations. Check product information. Contact vendors for gluten-free product samples.

# Announcements



*Please join us for -  
An evening of Holiday Cheer!  
- Adult Social -*

*Food and Beverages will be provided*

**Date:** Thurs., Dec. 12, 2012

**Time:** 6:00 – 8:00 pm

**Hosted by:** The Nashville Celiac Chapter Board

At the home of Ann and Mark McQueen  
3519 Hillsdale Avenue, Nashville, TN 37205  
(Off of West End Ave., Just North of 440)

**RSVP:** [aunderwoodmcqueen@gmail.com](mailto:aunderwoodmcqueen@gmail.com)

Or call (615) 414-1214 by Dec. 9<sup>th</sup>.

+++



## **Complimentary Quarterly Newsletter for Medical/Professional Personnel:**

We will continue to produce four quarterly newsletters which will be sent electronically. If you would like to be added to the G-mail list for Medical/Professionals and receive the quarterly newsletter by email please send your request to [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) with "newsletter" in the Subject line.

+++

**Delight Gluten Free** magazine is now giving free subscriptions to support groups. Thanks to Peggy Czyz our Chapter will be on their list. Our support group will receive six complimentary issues per year. Yeah!!!

+++



*Our deepest sympathy is extended to Darryl Casey on the passing of his father, Michael Casey, 69, of Dickson, TN on October 12<sup>th</sup>. A donation to CSA was sent in his memory.*

# Website Update

Anne Wierum has been hard at work designing our new Chapter website. She is creating an easy to use website taking into consideration both content and functionality. Content will include membership information, officer information, newsletters, Nashville resources, celiac resources, social media resources, FAQ section, current logo and advertisements. A brief survey will be emailed to members to see if there is anything else you would like included. After that, Anne will create a wire frame before building out the site. Kindly give us your feedback.

+++

## **THE WORLD'S FIRST GLUTEN SUMMIT COULD CHANGE YOUR LIFE!**

Online Interviews

November 11th-17th, 2013

Dr. Tom O'Bryan of [www.theDr.com](http://www.theDr.com) has gathered **29 of the world's experts and opinion leaders on the topics of gluten-related disorders, nutrition and healthy living** for a series of online interviews taking place for FREE from November 11-17, 2013.

During the summit, you will:

- Learn about the latest research on gluten-related disorders;
- Understand why we MUST call more attention to them;
- Gain improved knowledge of proper diagnosis/treatment methods;
- More frequently ask, "Could this health issue be due to gluten?"

The goal of The Gluten Summit is to shift the scientific discussion and clinical recognition of gluten-related disorders forward by five years. Meaning, we want the conversation between patients and doctors that will be happening five years from now to happen **now**.

**One of the featured speakers is Nashville's own. . .**

Mark Houston, MD, MS, ABAARM, FACP, FAHA, FASH Associate Clinical Professor of Medicine, Vanderbilt University; Hypertension Institute – St. Thomas Medical Group; Topic: *How Sensitivity to Gluten Can Impact Your Heart and Cardiovascular System*

Register here: <http://theglutensummit.com/registration/>

# Pizza

**Pie in the Sky** Lenox Village and Galleria Blvd. are now offering gluten-free pizza. Prepared gluten free dough comes in its own pan and dedicated cutting tools are used. There is a disclaimer on their menu due to airborne flour. <http://www.pieintheskypizza.com/menu.html>

**California Pizza Kitchen**, 4031 Hillsboro Pike, Hill Shopping Center (Across from Whole Foods in Green Hills), is one of seven in the nation following standard operating procedures to ensure safe GF pizza dining. Craig Casamento, Green Hills Location, explained they have three staff members who make GF pizzas. They have a GF zone in their refrigerator, and 0 cross-contamination in their store, using rice flour when preparing regular dough. Sponsored by GIG. <http://www.cpk.com/locations/hill-center/>

# Kudos to

**Angela Moseley, Boro Town Cakes in Murfreesboro**, for carefully preparing delicious gluten-free baked goods for our October meeting! You can purchase her delicious baked goods or dine gluten-free at Boro Town Cakes, on the Square, 128 N. Church St., Murfreesboro. <http://thespecialdietdiva.webs.com/>

**Whole Foods Market Green Hills** for their donation of gluten-free turkeys for our Thanksgiving Dinner!

**The Silly Yak Bakery** for yummy cookies and breads for our August meeting! They are a **GFCO Certified Gluten-Free Bakery** in Madison, WI. Video: <http://tinyurl.com/6keca6e> If you order online, use the **Coupon Code: FIRST ORDER** (all caps) & **get 10% off** > [www.sillyyakbakery.com](http://www.sillyyakbakery.com) Thank you, Michael Marshall!

# *Cookbook by Emeril Lagasse's Daughters*

## **Bam! Gluten-Free Goodness**

By Mary Beth Schweigert | September 9, 2013 | <http://www.glutenfreeliving.com/the-magazine/featured-stories/bam-gluten-free-goodness/>

The irony is hard to miss: the two daughters of celebrity chef Emeril Lagasse can't enjoy many of his signature dishes. Jessie Lagasse Swanson has gluten intolerance and her sister, Jilly Lagasse, has celiac disease. The diagnoses were a big blow to the foodie sisters. After all, it's hard to

imagine New Orleans staples made by their father — like gumbo or po' boys — without wheat flour. After going gluten-free, the Lagasse girls, as they call themselves, quickly grew tired of eating rice cakes. They tinkered with family recipes, eventually figuring out the secret to revamping their old favorites to fit a gluten-free diet. Now they're sharing what they learned in **"The Gluten-Free Table"**, a cookbook they published last fall. Emeril — himself the author of several cookbooks and host of cooking shows on the Food Network and Cooking Channel — wrote the foreword and contributed 10 recipes. (You might consider this cookbook for a gift item this holiday season!)

# *The Rabbit is Hoppin*

## *At these Tennessee locations*



Simply Living Life  
6990 Moores Lane  
Brentwood, TN 37027

Maury Regional Hospital  
Cafeteria  
1224 Trotwood Ave.  
Columbia, TN 38401

HRH Dumplins  
209 Cambridge Place  
Franklin, TN 37067

Olivia Olive Oil  
443 Cool Springs Blvd.  
#103  
Franklin, TN 37067

Natural Foods Market  
3211 Peoples St.  
Johnson City, TN 37604

Benefit Your Life  
620 N. Campbell Station Rd.  
Knoxville, TN 37934

The Turnip Truck  
970 Woodland St.  
Nashville, TN 37206  
and . . . 321 12th Ave. South  
Nashville, TN 37212

Alternative Health Products  
5083 Main St., Suite 2  
Spring Hill, TN 37174

Moon Rabbit Foods has added a recipe tab to their website. You will find delicious recipes for the holidays in addition to others that you will enjoy! De Rabbit has a free product giveaway drawing every three weeks just by registering on their website. Sign up for your chance to win a variety of six products. [www.moonrabbitfoods.com](http://www.moonrabbitfoods.com)

Casey Bohr, Treasurer  
Celiac Sprue Association/USA, Inc.  
CSA Nashville - Middle Tennessee Celiac Chapter #76  
P.O. Box 159312  
Nashville, TN 37215-9312



www.nashvilleceliacs.org

## Receipt - Silent Auction - November 9, 2013

Date Gift Received: \_\_\_\_\_

Contact Individual and Title: \_\_\_\_\_

Description of In-Kind Donation: \_\_\_\_\_

Company Name: \_\_\_\_\_

\_\_\_\_\_

Company Address: \_\_\_\_\_

\_\_\_\_\_

Value of In-Kind Donation: \_\_\_\_\_

\_\_\_\_\_

++++++

Thank you for your kind donation to the 2013 Silent Auction hosted by CSA Nashville-Middle TN Celiac Chapter #76 on November 9, 2013 at the Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium, 2221 Murphy Avenue, Nashville, TN 37203.

The Board and members of the CSA Nashville – Middle Tennessee Celiac Chapter #76 gratefully acknowledge your gift.

**The CSA Nashville – Middle Tennessee Celiac Chapter #76 is a Chapter of the Celiac Sprue Association (CSA/USA, Inc.). The Nashville Celiac Support Group provides support for Celiacs, parents of Celiac children, and patients with Dermatitis Herpetiformis, helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics.**

The amount listed above represents the tax-deductible portion of your gift for which no goods or services were provided.

Sincerely,

Casey Bohr  
Treasurer

Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act, Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations. EIN#-42-1261676*

Contact person from CSA Nashville: \_\_\_\_\_

**Nashville – Middle Tennessee Celiac Chapter Membership** Membership dues are only \$20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please call Casey Bohr at 615-773-8545 if we are in error. Your dues cover costs accrued for newsletter printing and mailing, meeting supplies, handouts, baking demo supplies, website, etc. Board members are volunteers and are not paid for their services. Please use the membership form provided below.

**CSA/USA Membership | [www.csaceliacs.info](http://www.csaceliacs.info)**



The Celiac Sprue Association / United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. The Nashville Celiac Chapter recommends joining the national organization as well as our local group. Membership includes: New Member Packet with quarterly publication *LIFEline*, pamphlets, CSA Restaurant Card, and more. Celiac Sprue Association | P.O. Box 31700 | Omaha, NE 68131-0700 | 1-877-CSA-4-CSA

**Vendor Advertising** GrainWise is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products, dining, and shopping. They may not mention prices or discounts. Ads may be provided in EPS, JPG, TIF, or PDF file formats. 1/2, 1/4 and 1/8 page ads available. Contact [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com) for additional information and rates.

**Disclaimer:** CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance - helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material), however, please reference the source of the information.

## CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

New Membership     
  Membership Renewal     
  Information Change     
  Medical/Professional Membership

(Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Email Address (for meeting and event reminders; notices) \_\_\_\_\_

Who has Celiac or DH in your family? Self \_\_\_ Spouse \_\_\_ Child \_\_\_ (Age \_\_\_) Gluten Intolerance \_\_\_ Gluten Sensitivity \_\_\_\_\_

Have you met with a mentor of the Nashville Celiac Chapter? Yes \_\_\_ No \_\_\_ If yes, who? \_\_\_\_\_

**Please make \$20 check payable to:** CSA Nashville – Middle TN Celiac Chapter #76

Check Number \_\_\_\_\_ Amount \$ \_\_\_\_\_ Date Paid \_\_\_\_\_

**Mailing Address:** CSA Nashville – Middle TN Celiac Chapter #76 | PO Box 159312 | Nashville, TN 37215-9312

**Optional Information:** Diagnosing Doctor \_\_\_\_\_ Date of Diagnosis \_\_\_\_\_

Have you met with a dietitian? Yes \_\_\_ No \_\_\_ If yes, who? \_\_\_\_\_

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12

## CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of \$ \_\_\_\_\_ Check # \_\_\_\_\_

**Gift given is 1) In Honor of: 2) In Memory of:**

(Please Print) Name \_\_\_\_\_

(Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please make check payable to:** CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312. Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act

Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12



Celiac Sprue Association/USA, Inc.  
CSA Nashville - Middle Tennessee Celiac Chapter #76  
P.O. Box 159312  
Nashville, TN 37215-9312

NONPROFIT ORG  
U.S. POSTAGE  
**PAID**  
NASHVILLE, TN  
PERMIT NO. 43

**RENEW! RENEW! RENEW!**

Please check your renewal date on the mailing label below.

**ADDRESS SERVICE  
REQUESTED**

**Meeting**

**Saturday – November 9th  
2:00 p.m.**



**Thanksgiving Dinner**

**Silent Auction**

**Election of Officers**



THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

**Address / E-mail Changes**

If you need to contact us due to a change of address, you no longer wish to receive GrainWise or for any reason, please e-mail: [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) and put "Contact Change" in the subject line.